

WHEN TO STAY HOME OR COME TO SCHOOL

Staff, students, and parents/caregivers should: *(a) Perform a **daily health check** (b) Stay at home when sick (c) Get a health assessment and/or **COVID-19 test** when sick.*



STAY HOME WHEN NEW SYMPTOMS OF ILLNESS DEVELOP

Students and staff should stay at home when new symptoms of illness develop. The **key symptoms** to watch for are ***fever, chills, cough, shortness of breath, loss of sense of smell or taste, nausea, vomiting and diarrhea.***

- If the staff or student (or parent/caregiver) indicates that the symptoms are consistent with a previously diagnosed health condition and are not unusual for the individual, they **may** return to school
- For mild symptoms without fever, students and staff can monitor at home for 24 hours. If symptoms improve, they can return to school without further assessment

No note is required from a health care provider in both situations above.

- If symptoms include fever or if after 24 hours symptoms remain or worsen seek a health assessment. A health assessment can include calling 8-1-1, a primary care provider like a physician or a nurse practitioner.

FOLLOWING A HEALTH ASSESSMENT

- If the COVID-19 test is positive, the person should stay home until they are told by Public Health to end their self-isolation. In most cases this is 10 days after the onset of the symptoms. ***Public Health will contact everyone with a positive test***
- If the COVID-19 test is negative, the person can return to school once the symptoms have improved and they feel well enough. Re-testing is not needed unless the person develops a new illness
- If a COVID-19 test is recommended but is not done because the person or parent chooses not to have the test or a health assessment is not sought when recommended, and the person's symptoms are not related to a previously diagnosed health condition, they should stay home from school until 10 days after the onset of symptoms and then may return if feeling well enough
- If a COVID-19 test is not recommended by the health assessment, the person can return to school when symptoms have improved, and they feel well enough

Staff or students may attend school if a member of their household develops new symptoms of illness provided, they have no symptoms themselves.

If the household member tests positive for COVID-19 public health will advise.

STAY HOME WHEN REQUIRED TO SELF-ISOLATE

Students, staff, or other persons must stay home and self-isolate if any of the following apply:

- Confirmation by public health of a positive COVID-19 test;
- Confirmation by public health of being in close contact with a confirmed case or outbreak of COVID-19;
- Travel outside of Canada within the last 14 days;

Anyone required to self-isolate will be supported by public health

If you have any questions or concerns, please ask your principal

All information in this document is taken from the [BC Centre for Disease Control Guidance Document for K – 12 Schools](#), page 15 & 16. A full list of COVID-19 symptoms is available from the BCCDC.